METRO DAY AT H&M: 25% OFF ONE ITEM!
See details on page 2
H&M

Toronto metro

Subway makes sure it really is a footlong
metroNEWS

Your essential daily news | TUESDAY, MARCH 1, 2016
High -5°C/Low -8°C Snow

Rooftop gardens like this one at the Fairmont Royal York Hotel are improving Toronto's record.
TORSTAR NEWS SERVICE

TORONTO THE GREEN

New environmental snapshot gives city reason to celebrate

metroNEWS

Chew on this proposed ban

MLB

Keep smokeless tobacco out of sports facilities, councillor says

Blue Jays players and fans will be prohibited from dipping or chewing tobacco at their home ballpark if a Toronto city councillor gets his way.

Ward 21 Coun. Joe Mihevc is hoping to have tobacco use banned at all city sports facilities, including Rogers Centre.

"While chewing tobacco has long been part of the culture for many professional sports, especially baseball, research shows that it has very real and serious health consequences," Mihevc said in a statement Monday.

Smokeless tobacco contains at least 28 cancer-causing chemicals and is known to be a cause of oral, pancreatic and esophageal cancer. It's also associated with mouth lesions and tooth decay.

Mihevc plans to put forward a motion at the next Board of Health meeting asking the city's medical officer of health to look into ways the city can restrict tobacco at all its sports facilities.

Similar bans are already in place in Boston, Los Angeles and San Francisco. Smokeless tobacco is already banned in Major League Baseball's affiliated minor leagues. Major leaguers, however, are permitted to chew or dip.

The league has tried to limit the visibility of tobacco use by its players by prohibiting players from doing interviews with tobacco in their mouths and also by barring the display of tins or other packaging in the dugout and while a player is on the field.

TORSTAR NEWS SERVICE
WITH FILES FROM THE ASSOCIATED PRESS

+EW.

Blue Jays manager John Gibbons gave up chewing tobacco two years ago, calling it a "dirty, filthy habit."

Morning
Express-O!
Save 30% on 9AM & 10:30AM
guaranteed delivery services.*
Purolator
Bring this coupon in to your local Purolator Shipping Centre to save on your next shipment!
1 Adelaide St. E.
Toronto, ON
Mon-Fri – 8:00 am-9:00 pm
Visit purolator.com for more store listings in your area.
Offer valid until March 31, 2016 and only on cash shipments.
*Certain conditions apply. See purolator.com/express for details.

Exclusive
Offer for
Metro Readers
METRO DAY AT H&M
25% OFF ONE ITEM!
Show your copy of the March 2nd Metro or your Metro News app and get 25% off!*
metro
H&M

metro NEWS

Your essential daily news

What you need to know about Super Tuesday. **World**

REAL ESTATE

Housing boom a bust for urbanites

RBC says that if current trends continue, single detached homes in Toronto and Vancouver will soon be firmly in the luxury housing segment, available only to wealthy households.

In its latest housing affordability report, RBC says trends continued to vary widely between the country's various real estate markets in the fourth quarter of last year.

Nationally, RBC says housing affordability deteriorated slightly, by 0.6 percentage points to 46.7 per cent, in the final quarter of 2015, driven by price gains in Vancouver and Toronto.

Affordability declined in both the single detached and condo categories.

RBC says purchasing a single, detached home in Vancouver is already out of reach for the vast majority of families. Conditions in Toronto are similar, though not as drastic.

The condo market is still within reach for many first-time buyers in Vancouver and Toronto, although that segment of the market also became somewhat more unaffordable in the fourth quarter.

That's in contrast to other regions of the country, particularly the Atlantic region, where affordability improved in certain markets, and Alberta, where affordability was flat as house price declines were offset by rising unemployment.

TORSTAR NEWS SERVICE

A motion by two bike-friendly councillors is seeking to boost the bike budget to build a "minimum grid" of protected cycle lanes to help cyclists avoid busy crossings like these. TORSTAR NEWS SERVICE FILE

Peddling a new bike plan

INFRASTRUCTURE

Councillors looking to pump budget up to $20-25 M

Luke Simcoe
Metro | Toronto

How much should the city spend to make commuting safer for cyclists?

That's the question before Toronto's public works committee Tuesday as councillors debate the possibility of boosting the city's bike budget.

Couns. Mike Layton and Mary-Margaret McMahon are asking that the annual cycling budget be upped from $14 million to $20 million, or even $25 million, to help fast-track construction of a "minimum grid" of protected bike lanes.

"The cycling budget is a drop in the bucket compared to the overall budget," McMahon said. "We're investing a heck of a lot more in other areas of transportation, and cycling shouldn't always be at the bottom of the totem pole."

Completing the minimum grid would require building an additional 100 kilometres of protected bike lanes on major roads and another 100 kilometres of contra-flow lanes — like the ones installed on Shaw Street — along residential corridors, according to Cycle Toronto.

The price tag is an estimated $50 to $150 million, depending on how and where the lanes are built.

The grid is mentioned in the city's 10-year cycling plan, but McMahon and Layton say increasing the budget could allow it to be built by 2018.

"It's high time. I just want cyclists to be safer on the road," McMahon said, recounting an experience where she was knocked off her bike by a driver at Gerrard and Woodbine.

In particular, McMahon wants the cycling grid expanded in the east end, where she says there are no north-south bike lanes east of Greenwood Avenue.

As for how to pay for the expanded budget, McMahon said Toronto should investigate additional revenue tools, including a possible sales tax, road tolls or increased parking and hotel levies.

Get a Fresh Financial Start

Get Out of Debt Without Bankruptcy Without Loans

SPEAK TO THE Licensed Debt Professionals

FREE CALL 310-9200
(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy

www.DavidSklar.com

David Sklar, CPA, CA, CIRP, Trustee

Don't stop now, feds urged

SYRIAN REFUGEES

Advocates fear hitting target will mean fewer arrivals, less aid

Gilbert Ngabo
Metro | Toronto

The federal government has met its goal of bringing 25,000 Syrian refugees to Canada, but the job is far from over, local advocates say.

From finding proper housing to offering English classes, career counselling and other employment services, the government and local communities need to continue supporting Syrians, said Jennifer Scott, volunteer co-ordinator with East Toronto Families for Syria.

"They are happy and grateful to be here but also confused and sometimes lonely in the new city," she said of thousands of Syrian refugees who now call Toronto and the GTA home.

"A lot of them want to get jobs and be part of the country," she added. "It's a big task for so many people. You can't downplay the enormity of what's needed."

More than half the Syrian refugees in Canada, including these in Toronto, are being sponsored by the government. Prime Minister Justin Trudeau has promised to sponsor nearly 10,000 more by the end of the year. NATHAN DENETTE/THE CANADIAN PRESS

Immigration Minister John McCallum said Tuesday that resettlement work is continuing. He's expected to announce soon what direction that work will take in the future. Many are watching closely and, in the meantime, are calling on the government to maintain its support for refugees still stranded in places such as Turkey and Lebanon.

The fast-tracking of claims needs to continue even though the government has met its first target, said Annette Wilde of Save a Family From Syria.

"People are still suffering there. It's not getting any better," she said. "We're definitely worried that the expedited process will go away now."

While officials scrapped medical and flight costs for refugees who arrived between November and February, it's unclear if the government will continue to waive those costs.

Save a Family from Syria sponsored a family of five, who arrived here last October and currently living in Kingston. They now face more than $8,000 in fees associated with their arrival, including airfare and medical examinations, Wilde said.

IN NUMBERS

- **25,323:** Syrian refugees who've arrived in Canada since November
- **16,796:** Number of those refugees sponsored by the government
- **3,010:** Syrian refugees who have arrived in Toronto since November (through private and government sponsorship)
- **$678 million:** Estimated cost of the Canadian refugee resettlement program

PATH STABBING

Murder suspect appears in court

The woman charged with first-degree murder in connection with a Shoppers Drug Mart stabbing last year made a brief court appearance via video link Monday afternoon.

Dressed in a baggy sweater, Rohinie Bisesar, 41, appeared calm and alert as she received notice that evidence in the case against her was now ready for her lawyer to collect. Bisesar appeared alone from the Vanier Centre for Women, where she is being detained after she was accused of killing Rosemarie Junor, 28, in Toronto's underground path system. She asked brief questions about how the evidence would be collected.

Rohinie Bisesar
THE CANADIAN PRESS

Bisesar's next court appearance is set for March 7.

TORSTAR NEWS SERVICE

"Great stuff! You just saved me over $527 a year."

Steffan - Port Credit, Ontario

Compare 30+ providers in minutes and save today.

InsuranceHotline.com

Dads hope to show 'family is family'

LGBT RIGHTS

Photo with new baby garners international attention

It's a touching scene, liable to make any parent a little weepy.

Milo's two dads hold him close, their faces awash with emotion as they meet their baby boy for the first time.

In 2014, a photo of Toronto couple BJ Barone and Frankie Nelson cradling their newborn went viral.

"That image has probably been seen in every country," said Lindsay Foster, who took the photo and is a friend of Milo's surrogate mom.

But not all that viral attention has been positive, as politicians in Ireland and Italy have used the birth photo in their campaigns against same-sex parenthood and surrogacy.

The conservative Italian Fratelli d'Italia-Alleanza Nazionale party and its youth wing had found the photo online and used it, without permission, in their campaign against gay parenthood.

That was two weeks ago, Barone said. Then, last week, the couple was informed via Twitter that independent Irish politician Mary Fitzgibbon had been using their photos in advance of Ireland's Feb. 26 general election. Fitzgibbon's platform included opposing surrogacy for gay parents.

The dads say they're trying to look at the positive side of this episode in their lives.

"Hopefully it will bring awareness around surrogacy and same-sex couples," Barone said. "And a lot of people, they're still uneducated, right? So I think it's a good opportunity for us to show the world that family is family."

TORSTAR NEWS SERVICE

Politicians in Italy and Ireland have used the family photo in their campaigns against gay parenthood. LINDSAY FOSTER

WOMEN

Poll measures attitudes on abuse

Jessica Smith Cross
Metro | Toronto

Four in 10 GTA residents blame victims of abuse for what happens to them if they decide to stay in an abusive relationship, according to a poll commissioned by a Toronto's women's shelter.

Interval House decided to gauge attitudes about domestic abuse after high-profile cases of abuse sparked a public conversation that, all too often, put the blame on victims, said Paula Del Cid, residential program supervisor at Interval House.

The Angus Reid Forum online poll asked 868 Ontarians if they agreed with the statement: "A person is responsible for the consequences if they stay in an abusive relationship." Forty per cent of GTA residents and 37.5 per cent of Ontarians either agreed or strongly agreed.

"Obviously we do not agree with that," said Del Cid. "Instead of saying, 'Why didn't she leave, or why didn't she report abuse,' we should be asking, 'Why did he abuse her? Why did he think it was acceptable behaviour to treat another human being this way?'"

Women stay because they can't afford to leave, because they're afraid of retribution for their children or themselves or because they believe their partner will actually change, said Del Cid.

They may be afraid that others won't believe them if they go, she said. Interval House asked respondents about that too.

Asked if they believe, "Women can lie or exaggerate about experiencing domestic violence," two-thirds of Ontarians said yes, indicating they either strongly believe or somewhat believe that's true.

"They have a misconception we should be questioning the victim instead of questioning the perpetrator," Del Cid said.

The point of the poll question wasn't to say a victim has never ever exaggerated or lied, but to let people know that when women fear their experience of abuse will be doubted it's harder for them to leave the situation, Del Cid said.

SURVEY

"A person is responsible for the consequences if they stay in an abusive relationship."
— Ontario: 37.4% agree
— GTA: 40% agree
— Men: 46.3% agree
— Women: 28.9% agree

"Women can lie or exaggerate about experiencing domestic violence."
— Ontario: 66% agree
— GTA: 64.9% agree
— Men: 69.3% agree
— Women: 62.9% agree

SOURCE: ANGUS REID FORUM

IN BRIEF

Goodwill woes continue

Goodwill Industries of Toronto, Eastern, Central and Northern Ontario is moving ahead with its bankruptcy process as its CEO steps aside.

In a news release Monday, Keiko Nakamura said there is no longer a role for her as CEO now that a trustee had been installed.

Nor is there any "viable option that allows the organization to reemerge from" bankruptcy, she said.

Goodwill TECNO filed for bankruptcy on Feb. 8. The move came three weeks after Goodwill TECNO shuttered all 16 of its stores, 10 donation centres and two offices, putting more than 400 people out of work. TORSTAR NEWS SERVICE

Get a 4% cash back windfall.

Earn 4% cash back on absolutely everything for the first six months or on the first $5000 you spend.† There's no annual fee for the first year◊ and no limits on your cash back. No wonder it's CIBC's cashiest cash back card around.

cibc.com/windfall

Banking that fits your life. CIBC

†The 4% cash back offer (the "offer") is available to all cardholders who apply and are approved for CIBC Dividend® Visa Infinite* Card and CIBC Dividend Platinum® Visa* Card between January 18 and March 31, 2016, and applies to all purchases posted to your account for the first six months, beginning from your account open date and ending 180 days after your account open date, or $5000 in total purchases (equal to $200 cash back), whichever comes first. Cash back is earned on purchases less returns and credits. Non-purchase transactions, like interest, fees and balance transfers, do not earn cash back. Credit card account must be open and in good standing at the time the cash back is awarded. This offer may be withdrawn or changed without prior notice at any time. CIBC may, in its sole discretion, disqualify, limit or revoke this offer if you are believed to be abusing or manipulating it, or engaging in any suspicious or fraudulent activity. Further conditions apply. Visit cibc.com/windfall for more details. ◊This offer applies to the following eligible cards: CIBC Dividend® Visa Infinite* Card and CIBC Dividend Platinum® Visa* Card. If you apply and are approved for a new eligible card between January 18 and March 31, 2016, CIBC will rebate the annual fee for you (the primary cardholder) and up to three authorized users added at the time of the application. This offer applies for only the first year. This offer does not apply to transfers from another credit card account. This offer may be withdrawn or changed without prior notice at any time. CIBC may, in its sole discretion, disqualify, limit or revoke this offer if you are believed to be abusing or manipulating it, or engaging in any suspicious or fraudulent activity. Further conditions apply. Visit cibc.com/windfall for more details. *Trademark of Visa Int., used under license. The Contactless Indicator is a trademark of EMV Co. LLC. CIBC Cube Design & "Banking that fits your life." are trademarks of CIBC. All other trademarks are owned by CIBC.

Restaurant raffle winner forfeits prize

DANFORTH

Complaint-plagued eatery remains closed and in arrears

The winner of a controversial restaurant raffle says he has decided not to accept his prize.

Shawn McKerness, 40, a Windsor chef and restaurateur, was chosen in a Dec. 30 draw as the new owner of Das Gasthaus, a German gastropub on Danforth Avenue.

In an interview with Torstar News Service, he said he "forfeited" the winnings after lots of thought and consultations with his lawyer.

And as of Jan. 28, 2016, the restaurant itself was closed and had a bailiff's note taped to the window, noting it is in arrears of $6,367.50, "plus costs."

Ruthie Cummings announced the contest to raffle off her three-year-old eatery for $150 a ticket late last year.

Windsor restaurateur and chef Shawn McKerness has decided he doesn't want Das Gasthaus. CONTRIBUTED

She said she was doing so to spend more time with her aging parents.

The restaurant was in the news again after Torstar News Service discovered it is the subject of eight complaints filed with the Ministry of Labour since 2013, two of which have not yet been resolved.

Cummings has not responded to Torstar News Service's repeated requests for comment about the bailiff's note, nor the raffle's outcome.

McKerness, who owns several other restaurants and nightclubs with a group of partners, told the Star by phone that he bought one ticket in November "on a lark" after hearing about the raffle on social media. He figured his chances of winning were about one in 4,000. He says he then forgot about his purchase.

"I was kind of blown away," he said. "Totally surprised me. I thought someone was pulling my leg."

After winning the raffle, McKerness considered expanding to Toronto. But it seemed too difficult, he said, to own a restaurant so far away.

"It's not viable being so far from home," he told the Star. "It's disappointing. It could have been an opportunity for the right person."

McKerness says he didn't sign any documents linking him to Das Gasthaus and isn't responsible for what becomes of it.

Property manager Alex Stergiou told the Star that Cummings is still "technically in possession" of the restaurant. Therefore, he said, she is on the hook for rent, which is about $5,500 a month, he said.

TORSTAR NEWS SERVICE

Maria Shepherd, right, with daughters Chelsea and Chanel, centre, after the court ruling. CHRIS YOUNG/THE CANADIAN PRESS

FLAWED EVIDENCE

'I'm free,' Shepherd says after acquittal

To her children she is a "warrior," to the court she is acquitted, and to world she is innocent, at last.

Shortly after Ontario's Court of Appeal overturned a 25-year-old manslaughter conviction that was based on flawed evidence by disgraced pathologist Charles Smith, Maria Shepherd and her supporters stood on the stately steps of Osgoode Hall Monday, crying tears of joy and cheering. As reported in Metro on Monday, Shepherd had been expected to become the latest Smith victim to be exonerated.

As her husband, son and three daughters looked on, Shepherd held her father, Ramon Crespo, in a long embrace as the 82-year-old man wept.

"I'm finally acquitted and I'm free — and I can be a mom to my kids without this hanging over my head," an emotional Shepherd said outside court Monday. "I'm extremely grateful."

Under great duress, Shepherd, now 46, pleaded guilty to manslaughter in the 1991 death of her three-year-old stepdaughter, Kasandra. The plea was made on the advice of her lawyer, who told Shepherd she stood little chance against the implicating evidence being provided by Smith, then considered the "best of the best." She was convicted in 1992 and sentenced to two years less a day at Milton's Vanier Centre for Women.

TORSTAR NEWS SERVICE

Experience Schulich™ 2016

A Transformational OPEN HOUSE

Saturday, March 12th
9:00 am – 4:00 pm

Schulich School of Business
Seymour Schulich Building
York University, 4700 Keele Street
Toronto, Ontario M3J 1P3

Space is limited. Register today!
schulich.yorku.ca/experienceschulich

LEARN how you can customize your Schulich MBA to meet your goals

DISCOVER how a 12-month Master's Program gives you the tools you need for the career you want

PARTICIPATE in hands-on mini-lectures with leading faculty

CONNECT with faculty and staff about your unique career path

HEAR Schulich alumni discuss their career choices and keys to success

NETWORK over lunch and a reception with Schulich alumni, faculty and staff

Canada's Top-Ranked Business School
Schulich MBA – #1 IN CANADA *(The Economist, Forbes, CNN Expansión)* **#1 IN THE WORLD** *(Corporate Knights)*
Kellogg-Schulich Executive MBA – #1 IN CANADA *(Financial Times, The Economist)*

Global Reach. Innovative Programs. Diverse Perspectives.

Schulich School of Business | YORK UNIVERSITY

schulich.yorku.ca

Bloggers serve slice of politics

FOOD

#PizzaPoliTO founders plan parlour visits across the city

Luke Simcoe
Metro | Toronto

A new blog is offering a deep-dish dive into Toronto politics.

Terra Gillespie and Claire McWatt are the founders of #PizzaPoliTO, a new website serving up a slice of local politics topped with culinary reviews.

> **I hope it can inspire other people to explore the rest of the city.**
> Terra Gillespie

"Being in Toronto, I think pizza and politics are the two things that people get really passionate about," said Gillespie, 26.

The premise is simple: Gillespie and McWatt plan to visit a pizza parlour in each of Toronto's 44 wards, and — in between mouthfuls — they'll discuss some of the political issues affecting the neighbourhood.

"It's a way to force ourselves to learn more about the politics — and the pizza — in different parts of the city. Maybe Ward 44 has the best pizza in the city, but we'll never know if we don't go," said Gillespie.

Each blog post will summarize the pair's discussion and review the pizza. The first post looks at what the municipal budget meant for Ward 20, and on Sunday, McWatt and Gillespie dined at Casa Di Giorgio on Queen Street East before touring the Winter Stations art exhibits in the Beach.

"It's a way to talk about public art in Toronto and how we can do interesting things with Section 37 money," Gillespie said, referencing the city's policy of setting aside cash from developer fees for community improvements.

For now, Gillespie and McWatt are keeping their dinner dates to themselves, but they have plans for some special guests.

"I hope it can inspire other people to explore the rest of the city in a friendly and accessible way," Gillespie said. "We have to take responsibility for knowing what the city is like outside of our own bubbles."

PIZZA POINTERS

McWatt and Gillespie are seeking suggestions for where to dine, so if you have a favourite pizza place in your ward, you can contact them via their blog, pizzapolito.wordpress.com.

Terra Gillespie, left, and Claire McWatt enjoy a slice at Casa Di Giorgio on Sunday. The pair's new blog, #PizzaPoliTO, mixes their love of pizza with their passion for Toronto politics.
LIZ BEDDALL/METRO

HOMELESSNESS

Ministry program expands

Gilbert Ngabo
Metro | Toronto

Volunteers at The Bridge Prison Ministries in Brampton — consisting of former prisoners and former homeless people — are expanding an effort originally aimed at Syrian refugees.

Dozens of volunteers gathered more than 400 bags full of clothing and offered the donations to refugee settlement programs across the GTA. But, with clothing still coming in, the group decided to give the extra items to Toronto's homeless population and vulnerable aboriginal populations in northern Ontario.

The outpouring of support is a testament to people's kindness said Katie Andrews, project coordinator.

"I remember hearing a lot of negative comments about refugees in the beginning," she said.

"This is quite the opposite. People really do care."

Toronto's environmental progress

A new city report shows Toronto is beating its own expectations when it comes to building a cleaner, greener city and reducing greenhouse gas emissions. Although the provincial decision to shutter coal plants is the driving factor behind the change, city-led initiatives, from green roofs to improved waste diversion, are making a big difference.

LUKE SIMCOE/METRO INFOGRAPHIC: ANDRES PLANA/METRO

1990
2015
Across Toronto we have reduced our emissions **25% since 1990**. City-owned buildings' emissions were cut by 40%
By 2050 Toronto plans to **reduce emissions by 80%**
Greenroof areas in Toronto are equal to **42 football fields**
1,000 bikes available in bike-share programs
Swimmable beach days **increased 26%**
There is a **848-kilometre bike network** across Toronto

IN SOME PLACES, WATER IS THICKER THAN BLOOD.
Memories are made here.
Resort cottages from $50K.
There's family. Then there's your resort family. These high-quality properties are water-accessible, close to golf courses and located on safe and secure grounds that are maintenance-free. Visit Parkbridge.com for more details.
Parkbridge.com
All prices do not include tax and are subject to change without notice.

Pamela Anderson wants PM to defund seal hunt

ANIMAL RIGHTS

Actress says money better spent on other businesses

Pamela Anderson is hoping Prime Minister Justin Trudeau will hear her out on behalf of seals. In a letter to Trudeau, the Canadian-born actress asks him to meet her to discuss phasing out or ending federal subsidies for the East Coast commercial seal hunt.

Anderson writes in the letter obtained by The Canadian Press that Ottawa has poured millions of taxpayers' dollars into propping up the fading industry.

The honorary director of the PETA animal-rights group says the money could be better spent promoting businesses with a brighter future that would help the world see Canada as a sophisticated, enlightened country.

The former star of the TV series Baywatch is among several prominent figures including U.S. President Barack Obama and music legend Paul McCartney who have spoken out against the hunt.

Pamela Anderson, seen here outside Toronto's Queen's Park in 2009 to launch a new ad campaign with PETA against Canada's commercial seal hunt, is urging Prime Minister Justin Trudeau to end federal subsidies for the hunt. TORSTAR NEWS SERVICE

With limited market options, the commercial hunt in Canada has shrunk in recent years. Hunters landed 38,000 harp seals last year, compared with 55,000 in 2014 and 91,000 in 2013.

The former Conservative government steadfastly defended the commercial hunt as beneficial for local economies, humane and well-regulated. In recent years, the federal government has invested in programs to promote seal meat in domestic and foreign markets.

> **Usher in a new era of fiscal responsibility and kindness.**
> Pamela Anderson

Critics have long insisted it's a cruel, unnecessary slaughter.

Anderson wrote in her letter to Trudeau on Monday that she admires his progressive views on LGBTQ rights, his compassionate stance on the Syrian refugee crisis and his decision to name a gender-balanced cabinet.

"There's another issue that has sullied Canada at home and abroad for years, which I hope you'll address: wasteful government bailouts of the nearly extinct East Coast commercial seal trade," she wrote. "I urge you to usher in a new era of fiscal responsibility and kindness by ending federal subsidies of the commercial seal slaughter." THE CANADIAN PRESS

IMMIGRATION

Refugee arrivals a 'milestone': Minister

Immigration, Refugees, and Citizenship Minister John McCallum says Canada has reached a "significant milestone" with the arrival of 25,000 Syrian refugees.

McCallum told a news conference at Toronto's Pearson airport today that the work continues to integrate the Syrians into the community.

McCallum was at the airport as the last two government-arranged refugee flights were arriving as part of the Liberals' $678-million settlement plan.

The refugee resettlement program was launched in November, after the Liberals came to power and promised to bring in 25,000 refugees by the end of February.

8,500
Of the 25,000 refugees, **8,500** are privately sponsored.

But the 25,000 Syrians that have already arrived in the country are a mix of more than 14,300 refugees assisted by the government and about 8,500 sponsored privately.

An estimated 4.7 million Syrians have registered as refugees since the outbreak of the Syrian civil war in 2011. THE CANADIAN PRESS

IN BRIEF

Review of Canada-EU trade deal completed
The federal government says the legal review of Canada's free trade deal with the European Union has been completed — and the door is open for the pact to come into force next year. THE CANADIAN PRESS

Foster parents allege vendetta by social workers
A couple says they believe social workers in the British Columbia Children's Ministry are carrying out a "personal vendetta" against them for trying to keep a Metis toddler they've raised since birth. THE CANADIAN PRESS

CLIMATE CHANGE

Canada in 2050: Land of extremes

Canada is a land of extremes, from car-freezing cold to crop-searing heat and drenching rains to drought. But you haven't seen anything yet.

By 2050 — within the life expectancy of most Canadians — scientists say that if current emissions levels remain unchanged, climate change will be well established.

It will be warmer: a cross-country summertime average of about two degrees. It will be wetter, mostly, by about five per cent.

Those modest figures may sound good to a country that describes summer as four months of poor sledding. And global warming will bring perks, such as the chance to grow different or more abundant crops.

But gentle averages, however, are not what Canadians will experience. Climate change will feed into Canada's already considerable natural variability — and not to smooth it out.

"The kind of changes one anticipates are more likelihood of drought or more likelihood of wet periods," said Greg Flato, Environment Canada's top climate modeller.

"If you think about temperature extremes, as the climate warms the likelihood of getting a very hot extreme becomes greater; the likelihood of getting a very cold extreme becomes less likely." THE CANADIAN PRESS

PRECIPITATION

John Pomeroy, a Canada research chair in water resources at the University of Saskatchewan, says the amount of water that falls as snow has already declined by one-third.
THE CANADIAN PRESS

LIFE INSURANCE
MORTGAGE INSURANCE

Do you have Mortgage Insurance or Line of Credit Insurance with a BANK?
COMPARE & SAVE UP TO 50% ... LOWEST RATES GUARANTEED!
Monthly Premium for a 10 year Term (Renewable & Convertible) Preferred Plus Non Smoker

Age	$100,000		$250,000		$500,000	
	Male	Female	Male	Female	Male	Female
30	$10	$ 8	$12	$10	$19	$15
40	$11	$9	$15	$13	$23	$19
45	$14	$10	$23	$16	$33	$23
50	$18	$14	$32	$23	$53	$37
65	$68	$45	$146	$96	$281	$183

Also available: Life Insurance without medicals!
Other Plans: Term 20, 25, 30, Term 100, Whole Life, Universal Life, Critical Illness and Disability Insurance, Health & Dental, Visitor's Plans, RRSP and RESP
Brokers representing Manulife, BMO, RBC, Canada Life, Industrial Alliance, Foresters, Canada Protection Plan, Empire Life, Desjardins ...
Pls. Call: Guilroy or Rahul (Henriques Financial Inc.)
Tel: 416-898-8889 / 905-282-0800 (24/7)
Email: henriquesfinancial@rogers.com Website: www.henriquesfinancial.com

Looking for adventure or relaxation? Get both with a vacation package to Vegas.

From Toronto to Las Vegas
$359*
Plus $162 taxes & fees

Bally's Las Vegas
★★★
Round-trip air + 3 nights
Travel May 9, 2016

Book today at westjetvacations.com or call your travel agent.

WESTJET vacations

*Book by March 8, 2016 (11:59 p.m. MT). Round-trip from Toronto. Advertised fares based on non-stop flights. Other departure cities and dates available, and prices may be higher. Limited quantities available. Taxes and fees not included. Advertised taxes and fees for U.S. destinations can fluctuate based on exchange rate. Price is per guest, based on double occupancy unless otherwise specified. Transfers not included. Price is accurate at time of printing deadline. Non-refundable. Advance booking required. New bookings only. Visit westjetvacations.com for details. **Ontario travel agents are covered by TICO. Mailing address: 6085 Midfield Road, Toronto, ON L5P 1A2. TICO registration number: 50018683.**

5 THINGS TO KNOW ABOUT SUPER TUESDAY

Americans in 11 states vote today, the biggest day on the presidential primary calendar. There are a total of 1,460 delegates up for grabs — 865 for Democrats, 595 for Republicans. Here's what you need to know. TORSTAR NEWS SERVICE/THE ASSOCIATED PRESS

1 Can Ted Cruz win the South?

If the Texas senator loses to Donald Trump in his home state, his candidacy is either finished or doomed. And, even if he wins, he needs at least a few other triumphs in the south to have a real path to the nomination. But with 155 Republican delegates up for grabs, Texas is truly the biggest prize.

2 How broad is Trump's appeal?

Donald Trump is leading in the south, the north, the Midwest, everywhere. He currently has 82 Republican delegates. Cruz has 17, and Marco Rubio has 16. If he manages a Super Tuesday sweep, or wins every state but Texas, we can start calling him the presumptive nominee.

3 Will Marco Rubio be a real contender?

The Florida senator has not won a single state, but he earned rave reviews and heavy coverage this week for a Trump-mocking debate performance. If that doesn't translate into strong showings, such as, say, a victory in Virginia, it is hard to see what will.

4 Can Bernie Sanders win anywhere outside Vermont?

He has his home state locked down, but he doesn't have a lead anywhere else. Without victories in some other places, such as Colorado, Minnesota or Massachusetts, which borders Vermont, his path to success will be just about closed. Sanders will be hard-pressed to win any of the southern states which are home to large numbers of black Democrats, such as Georgia and Alabama.

5 How big is Clinton's margin in Texas?

Texas will determine 222 Democratic delegates, more than twice as many as any other Tuesday state. Hillary Clinton managed a key win there during her failed 2008 campaign against Barack Obama. After her decisive win in South Carolina, she has 91 delegates, while Sanders has 65. A huge win for Clinton this time would be big trouble for Sanders.

CALAIS

Police, migrants clash in France

Makeshift huts went up in flames on Monday in an angry backlash as workers, guarded by scores of French police, began pulling down tents and shelters in the sprawling migrant camp in Calais.

Police lobbed tear gas in a brief clash with pro-migrant activists and others throwing projectiles at officers forming a security cordon to protect the tear-down.

There were no reports of injuries. At least three pro-migrant activists were arrested, authorities said.

As tension mounted, the fragile structures in part of the camp came down and heavy equipment was moved in to scoop up the rubble and junk left behind by weary migrants dreaming of a new life in Britain.

Three makeshift homes went up in flames, the fires set either by upset migrants or pro-migrant activists, according to Gilles Debove, who acts as a police spokesman. A second larger fire, apparently spread by wind, destroyed a mass of shelters.

About 4,000 people are estimated to live in the camp.

THE CANADIAN PRESS

Clashes at Calais migrant camp. THE ASSOCIATED PRESS

HYUNDAI
NEW THINKING. NEW POSSIBILITIES*

THE ALL-NEW 2017
ELANTRA

#SUPERSEARCH IS ON.

Our competition has stolen our SUPERSTRUCTURE™!
Follow the clues and help us find it for a chance to win a $20,000 reward or 1 of 4 secondary rewards of $2,500!*

Submit your answer to this clue at
HYUNDAISUPERSEARCH.com

Clue#3

New evidence suggests the competition has attempted to reengineer a prototype and test it. Where did Hyundai engineers originally test the SUPERSTRUCTURE™ for SUPERSAFETY, SUPERQUIETNESS and SUPERHANDLING? It is believed it could be in this location!

Hint:
Follow Hyundai on Facebook, Twitter and Instagram to discover the answer, which was posted earlier this week.

*Canadian residents who have reached the age of majority in their province or territory can enter the contest at **www.hyundaisupersearch.com** between February 13, 2016 at 12:01am (ET) and April 4, 2016 at 11:59pm (PT). One entry per each Weekly Prize. One entry per Grand Prize. Four (4) Weekly Prizes of CDN$2,500.00 each, and one (1) Grand Prize of CDN$20,000.00. To be eligible for Grand Prize, contest participant must perform test drive of a new Hyundai vehicle at a Canadian Hyundai dealership and submit the correct answer to the final SuperSearch Clue. To be eligible for secondary Weekly Prizes, contest participant must submit the correct answer for each respective Weekly SuperSearch Clue. Each Weekly Prize is exclusive of each other; answer submission for all Weekly Prizes is not required to be eligible to win any one (1) Weekly Prize. Chances of winning depend on the total number of eligible entries received. Eligible winners must correctly answer skill-testing question. Prize draws will be held at 16 Mary Street, Unit 4, Aurora, Ontario at approximately 2:00 PM (ET) on April 7, 2016. No purchase required. Complete rules available at www.hyundaisupersearch.com. ™/®The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp.

GRAPHIC: METRO

Women pay more for goods: Study

MARKETING

Companies exploiting stereotypes, says professor

Should a pink razor or a purple pen cost more than a blue razor or black pen?

Known as the "pink tax" or gender-based pricing, it means women end up paying more for goods and services than men — from deodorant to cologne to haircuts to dry cleaning.

Companies are exploiting stereotypes we have in society, said Sarah Kaplan, a professor of strategic management at the Rotman School of Management. "People don't want their gender stereotypes exploited for profit," she said. "But I also think it's so embedded that change is going to really require businesses to rethink themselves."

A study by New York City's department of consumer affairs examined the prices of 800 products, with clear male and female versions. It found, on average, products for women cost seven per cent more than similar products for men. Across the entire sample, women's products were priced higher 42 per cent of the time.

Kaplan said companies are getting trickier about disguising differences, so direct comparisons are harder to make. For example, women's and men's deodorant might be priced the same, but the women's size is smaller.

She added it is difficult for governments to legislate equality, because manufacturers will make small feature changes and argue they are not the same product.

Torstar News Service visited a number of retailers to looked for items priced differently.

At Canadian Tire, children's gardening gloves with the Teenage Mutant Ninja Turtles logo sold for $6.99 compared with purple gloves with the sisters from Frozen at $7.99.

"We don't price our products based on gender," said Stephanie Nadalin, a Canadian Tire spokeswoman, in an email. "The cost differential … can be attributed to the different licensing fees."

At Shoppers Drug Mart, a two-pack of Bic For Her ball pens sold for $5.49, compared to a two-pack Bic Velocity ball pens for $2.99. Jill Johnson, a Bic spokeswoman in Connecticut, noted in an email that the two products have different features. She said the Bic for Her pens have "unique jewelled accents, embossed metal nose cones and clips, and barrel designs," while the Velocity pens do not have those features.

TORSTAR NEWS SERVICE

> "Change is going to really require businesses to rethink themselves."
> Sarah Kaplan, Rotman School of Management

SUBWAY SANDWICHES

'Footlong' class action settled

Subway customers can finally rest assured that their "Footlong" sandwiches will be as long as promised.

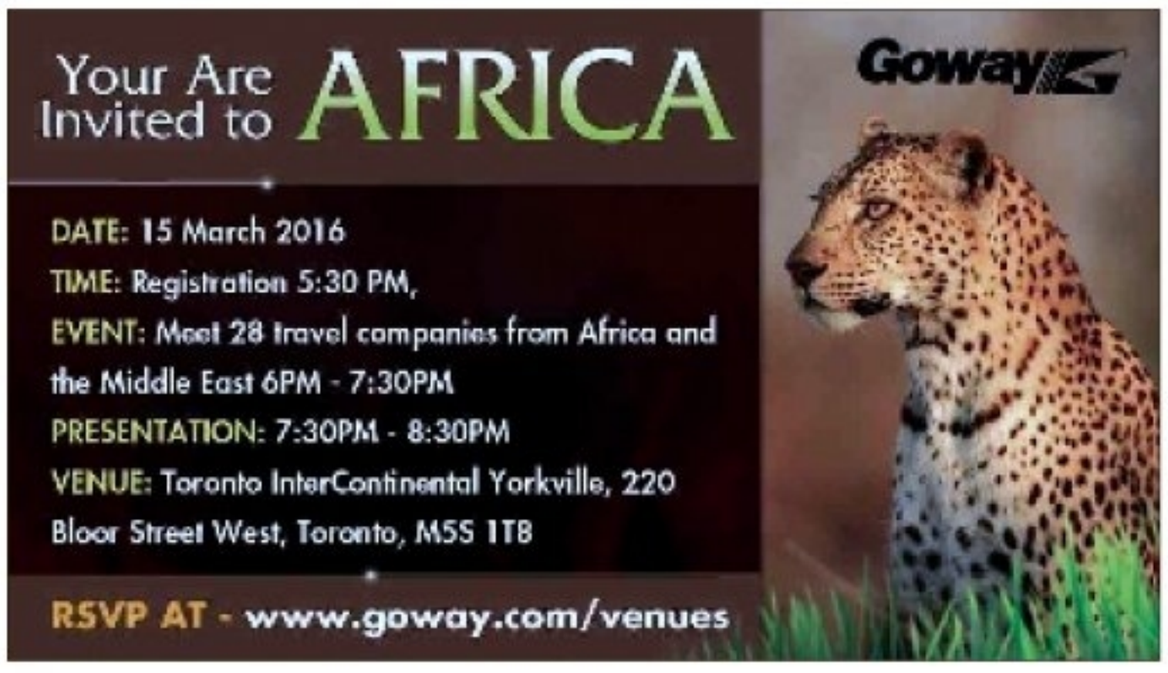
A U.S. judge last week granted final approval to a settlement of a class-action suit filed against Subway after an Australian teenager in 2013 posted an image of his sandwich on Facebook that was only 11 inches.

The image garnered international media attention, with The New York Post writing that it found four out of seven Footlongs "measured only 11 or 11.5 inches."

In 2013, an Australian teenager posted this image of his sandwich on Facebook that was only 11 inches.
FACEBOOK.COM

As part of the settlement, Subway agreed to institute practices for at least four years to ensure its bread is at least 12 inches long. The judge approved $520,000 US in attorney fees and $500 US for each of the 10 individuals who were representatives of the class, but no monetary claims were awarded to potential members of the class.

"It was difficult to prove monetary damages, because everybody ate the evidence," said Thomas Zimmerman, who was co-lead attorney for the class. THE ASSOCIATED PRESS


Your Are Invited to AFRICA
Goway
DATE: 15 March 2016
TIME: Registration 5:30 PM,
EVENT: Meet 28 travel companies from Africa and the Middle East 6PM - 7:30PM
PRESENTATION: 7:30PM - 8:30PM
VENUE: Toronto InterContinental Yorkville, 220 Bloor Street West, Toronto, M5S 1T8
RSVP AT - www.goway.com/venues

#CARJOBS
HELP WANTED
Engines and repairs turn your crank? Apply here.
New Car Dealerships in Ontario need people who are technically minded, love to troubleshoot, repair cars and light trucks and get huge satisfaction in knowing they've completed the job properly. Find a career in the automotive sector on CarsAndJobs.com.
It's not what you think.
CARS AND JOBS .COM
Powered by TADA

metro VIEWS
Your essential daily news

PHILOSOPHER CAT by Jason Logan

EMMA TEITEL: YOU DON'T ALWAYS HAVE TO 'ASK HER MORE'

The red carpet is not a political summit. It is a shallow spectacle whose sole purpose is fashion analysis by common people on the couch at home, who once a year are afforded the opportunity to quite literally sit in judgment of the stars they worship.

At the Academy Awards on Sunday night, host Chris Rock was full of jokes about white Hollywood liberals, happy to donate money to progressive causes and shake hands with President Barack Obama, but unwilling to hire black actors or tell black stories (unless, it appears, those stories involve slavery, or a down-and-out African-American little league team that finds its stride under the guidance of a charismatic white coach from out of town).

But it wasn't the comic's racially charged barbs that shocked and appalled many of the perpetually slighted online: It was a joke, instead, at the expense of a popular feminist cause.

Rock made fun of Ask Her More, a celebrity-studded social media campaign (supporters include Reese Witherspoon and Shonda Rhimes) demanding that reporters on the red carpet ask female entertainers questions more intellectually rigorous than "Who are you wearing?"

Women, the story goes, are asked about their fashion choices and cosmetic prep, whereas men are asked solely about their work. Rock's apt and hilarious analysis of this supposedly sexist double standard went like this:

"They ask the men more because the men are wearing the same outfits. Every guy is wearing the exact same thing. If George Clooney showed up with a lime green tux and a swan coming out of his a–, someone would go, 'Hey, what you wearing, George?'"

Indeed they would. And yet, Ask Her More advocates shot back at Rock that he had missed the point: Nobody was suggesting a moratorium on fashion-related questions. They would simply like reporters to delve deeper when they interview women on the red carpet.

I'd like to propose an alternative antidote to red-carpet sexism — a model of equal-opportunity shallowness.

But the question in my mind, one Rock did put forward, is this: Why, regardless of gender, are reporters delving deep on the red carpet at all? I'd like to propose an alternative antidote to red carpet sexism — a model of equal opportunity shallowness.

Rather than "Ask Her More," entertainment broadcasters should just "Ask Him Less."

The red carpet is not a political summit. It is a shallow spectacle whose sole purpose is fashion analysis by common people on the couch at home, who once a year are afforded the opportunity to quite literally sit in judgment of the stars they worship.

And there are few things less interesting than sanctimonious actors droning on about the complexity of their characters or the ins and outs of their "process."

Worse still is the recent obsession with pet social causes and intellectual posturing.

Call me shallow, but I would much rather learn what a celebrity is wearing or (in Jared Leto's case) how long he spent at the salon, than listen to him regurgitate the New York Times editorial he read that morning on GMOs or drone strikes.

This doesn't mean the Oscars should be politics-free. Quite the contrary: Rock's political commentary on race was excellent. But efforts to make the red carpet ceremony itself an event of legitimate substance is ridiculous and, frankly, no fun.

There is a time and a place for pure unadulterated frivolity, and if stars want to wax poetic about their professional and political achievements rather than take their fingers for a walk through the "Manicam" (sorely missed this year), they can start a newsletter like Lena Dunham.

Taking a stand against fashion criticism is fruitless, even where such a stand makes sense.

In politics, for example, we may know it's unjust to single out women for their sartorial choices, but to Rock's point, it's extremely hard not to.

As for the red carpet, all's fair in love and wardrobe malfunctions.

Emma Teitel is a national columnist for the Toronto Star.

metroview

Don't look away from stories like Spotlight

Rosemary Westwood
Metro Canada

One well-trodden story, about good people whose inaction clears a path for evil, won an Oscar Sunday night.

Spotlight, the tale of how Boston Globe reporters broke the Catholic-priest sexual-abuse scandal, took home the best picture award, highlighting the need for such costly reportage just as media companies cut jobs.

The film charts the journalists' triumphs, but also underscores how many people looked the other way for so long. Priests, cardinals, the Vatican; members of Boston's Catholic community, lawyers, judges; even Globe journalists, who had been sitting on stories of priest abuse for years without much followup.

It's particularly ironic, then, that when I went to see Spotlight, it was by accident. I was even dreading it. We wanted light fun, but we arrived too late. As a Catholic, I shrunk from yet another story of horrific abuse and the institution that, in effect, condoned it.

Perhaps you know this feeling: of not wanting to be a witness, to instead avoid the most disturbing realities.

The urge came back on Sunday, when my Facebook feed lit up with one acquaintance's revelation — via an article on Medium.com — that he was sexually abused at only 10 and 11 years old, by a neighbourhood man.

The drive to wilful ignorance is a mark of selfishness, perhaps even nihilism — as if there was no role for me in another person's suffering. I did not click. I ignored an act of bravery. I let the link pass by. Until yesterday.

"After everything, it's still hard to say it. But every time I do, it feels a little lighter," writes Brian Kennedy. "I was sexually abused." Kennedy's pain has moved him to advocate for an end to silences.

As Michael Sugar accepted the Oscar, the Spotlight producer called for a chorus amplifying the voices of survivors, "a choir that will resonate all the way to the Vatican."

That only works if we see the movie. If we read the disturbing accounts of abuse. If we speak our dismay, our outrage, our solidarity with survivors.

Amid this attention, it's worth remembering how many stories of suffering languish in the dark, because no one is looking for them, or someone is too afraid to speak out, or many others choose avoidance over action.

I understand why we would not want to look. But that choice is indefensible.

metro Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO EASTERN CANADA
Greg Lutes

MANAGING EDITOR TORONTO
Angela Mullins

ADVERTISER INQUIRIES
adinfotoronto@metronews.ca
General phone 416-486-4900

MEDICAL SECRETARIES EARN A MEDIAN WAGE OF $26.98*!

Get hands-on training for a rewarding career in the healthcare industry! Apply today and you can earn **Medical Office Administration** diploma in less than a year.

CDI COLLEGE ALSO OFFERS PROGRAMS IN:

- Accounting and Payroll Administration
- Early Learning and Child Care
- Legal Assistant
- Pharmacy Assistant
- And More!

ASK ABOUT OUR EVENING CLASSES!

Financial assistance may be available to qualified applicants.

1.800.360.7186
STUDY.CDICOLLEGE.CA

CDI college

metro LIFE
Your essential daily news

Vatican media praises Spotlight as giving voice to victims

BODYWEIGHT GET FIT THE MACHINE-FREE WAY

Your body may be all the gym you need. That's the theory behind bodyweight exercise, the fitness trend that will have you pushing, pulling and crawling around your living room floor. Bodyweight movements are a simple yet challenging form of unrestricted exercise. Here are some of the basics, plus a few more challenging movements **TORSTAR NEWS SERVICE**

1 Pull-ups

What it works: Back, biceps
What to do: With an overhand grip on the bar above you, pull yourself up with your arms until your chin clears the bar.
Why it's effective: This one is simple enough — get your head above that bar up there — but it can be a real burner depending on your body size.
What you'll need: A door frame with a pull-up bar.

2 Wall Walk

What it works: Chest, shoulders, core
What to do: Start in push-up position with feet against the wall, walk yourself up the wall backward into a handstand position with your feet on the wall.
Why it's effective: Bodyweight movements that mimic lifting weight above your head are less common.
What you'll need: A wall you don't mind scuffing up a bit.

3 Spider-Man Walk

What it works: Upper body, coordination
What to do: In a push-up position, move your left hand forward and bring your right knee to your right elbow, moving forward along the floor like Spider-Man himself.
Why it's effective: This is a fun, challenging push-up variation that might have you laughing at your lack of coordination skills.
What you'll need: Just a floor path to crawl like Spidey.

4 Hollow Rock

What it works: Core.
What to do: Lie on your back and use your abs to make yourself into a "bowl" shape. Hold this position or rock your body side to side or forward and back, keeping your body tight.
Why it's effective: This uses your abs in the way they're meant to be used, to stabilize your torso. The traditional sit-up uses your abs in a way they're not meant to be used, causing your spine to flex repeatedly.
What you'll need: A comfortable floor mat.

5 Scissor Lunge

What it works: Lower body: thighs, quads, hamstrings, glutes
What to do: Jump up from a lunge position, switching legs before landing softly in the opposite lunge position.
Why it's effective: You know how to squat, but the lunge is superior in that it works one leg at a time, which amps up the intensity.
What you'll need: Nothing but floor space.

BUY ANY SLICE
PEEL to REVEAL
and you could INSTANTLY WIN*

1 of 3
Fiat 500's
†vehicles may not be as shown

+50,000
PRIZES TO BE WON*

ORDER ONLINE
PIZZANOVA.COM
WITHIN THE GTA
416 439-0000

ORDER FROM
THE APP
OUTSIDE THE GTA
310-33-00
USE LOCAL AREA CODE WHERE NECESSARY

PIZZA NOVA®

*No Purchase Necessary. See in store for complete contest rules. Correct answer to skill testing required. Number of prizes available to be won and applicable odds of winning a prize will diminish as prizes are claimed. Contest closes May 1, 2016 or while supplies last.

Healthy lifestyle

The link between sugar consumption and increased body fat has long been known. Too much sugar in the diet promotes more insulin, the fat storing hormone, and thus more body fat.

THE SLIMMING EFFECT OF STABLE BLOOD SUGAR LEVELS

Recently an Italian study of a sugar-blocking supplement showed impressive weight loss results.[1] The supplement, called Zuccarin™, produced on average 20 pounds of weight loss, in only 90 days.

The subjects lost 10% of their body weight and lost 3 times the weight of the control group, who were on a controlled diet, but without a mulberry supplement. In addition, the subjects also experienced healthier blood sugar levels after using this mulberry supplement.

The explanation for the weight loss is that Zuccarin uses natural mulberry leaf extract and chromium to block absorption of sugars in the foods we eat. When these sugars are undigested, our blood sugar stabilizes, and weight loss occurs.

ZUCCARIN MAX™
CHANGED MY LIFE

"I have taken this supplement for 2 years now and can't imagine being without it. I have seen my blood sugar levels stabilize and I have even lost 25 pounds of weight since starting. I have recommended it to a lot of my friends and they are now experiencing the same good results as I have."

Elenor C. Miami, FL

Zuccarin™ is the no.1 selling mulberry leaf supplement in the world.

At participating pharmacies, health food stores and online. For more information or to buy online please call 1-877-696-6734.

ONLINE SHOP
newnordic.ca

SHOPPERS DRUG MART · Loblaws · Superstore · Extra Foods · GNC · Walmart · Save On Foods · Rexall Pharma Plus · metro · Zehrs Markets

* ® / ™ Trademarks of Loblaws Inc. Used with permission. All rights reserved. Loblaws Inc., its parent company or any of its franchisees and/or affiliates are not a sponsor of, nor affiliated with New Nordic. New Nordic recommends a healthy and active lifestyle in order to obtain the best results. To make sure this product right for you, always read the label and follow the instructions.
1- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.

Curl like a cat to help shape your abs

YuMee Chung demonstrates Cat Curl. For this pose, arch your back skyward like a Halloween cat. TORSTAR NEWS SERVICE

YOGA

Strengthen your middle while getting a stretch, too

YuMee Chung
Torstar News Service

If your abdominal muscles are feeling as weak as a kitten, I've got just the exercise for you. It's called the "Cat Curl" and it's a fun alternative to your plain-vanilla abdominal crunch. You'll get many of the benefits of a crunch served up with a built-in counter-pose that stretches out your six-pack muscles so they grow strong, long and supple.

The Cat Curl

1. Set-up on all fours in a tabletop position with your hands directly under your shoulders and knees under hips. Spread fingers comfortably wide and point toes so toenails meet the ground.

2. Take a moment to inhale deeply with the spine in a neutral position and eyes looking forward and down on a 45-degree angle.

3. Now, exhale your way into cat pose by pointing the top of your head and tailbone down towards the ground while strongly arching the back skyward like a Halloween cat. Gaze back at your thighs and press your bottom-most ribs towards the top of your pelvis to further engage your front-core musculature.

4. Challenge yourself to maintain the shape of cat pose while pushing the ground away with your hands and lifting your knees just one centimetre off the ground — the lower the better. Hold here for five determined breaths.

5. Finish by lowering the knees and using an in-breath to hammock your belly towards the ground while pulling your chin, chest and sitting bones towards the sky. Enjoy the belly stretch.

Use the cat to chase crow and crane. Cat Curls give you many of the benefits of crunches without any of the potential neck strain that can come with inadvertently yanking up on the head with the hands.

Cat Curls also improve one's ability to weight-bear on the wrists, they stretch the tops of the feet and ankles and also train the shoulder blades to sit snugly against the back by strengthening an important shoulder-core muscle called serratus anterior.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

Public Storage

JOB FAIR

VISIT US ON:

MARCH 3RD FROM 1PM - 7PM

1740 ARGENTIA RD, MISSISSAUGA, ON L5N 3K3

Public Storage is hiring Customer Service Relief Managers in the Toronto and Richmond Hill Area for Permanent Full Time and Part Time positions.

WHAT WE ARE OFFERING:

- $12/hr plus generous quarterly incentive bonus
- 30 day paid training period
- Car and uniform allowance
- Full health benefits after 2 months
- Advancement and growth opportunities

HEALTH BRIEFS

Study shows women prefer narcissistic men

A joint Polish and Finnish study has found that women are more attracted to dark, brooding men and that this unconscious preference could be related to reproductive success.

The research focused on women's attraction to narcissistic, Machiavellian and psychopathic men by analyzing their attraction to facial features associated with these personality traits.

The team was interested in three traits in particular, known as the "Dark Triad." These are narcissism, characterized by egotism, pride and a lack of empathy; Machiavellianism, likened to a disregard for morality, manipulation of others and self-interest; and psychopathy, characterized by callousness, remorselessness, impulsiveness and anti-social behavior.

The researchers asked 2,370 adult women to look at photos of two men's faces side by side, with one face having more or less of these three key features than the other. They were then asked to pick which of the faces they found most attractive. The results showed that most of the participants were attracted to men with strong features associated with psychopathy, Machiavellianism and narcissism. Looking the women's personal lives, they linked a preference for narcissistic men to reproductive success, as women attracted to narcissistic men's faces gave birth to more children. AFP

Ghomeshi trial affects my dating life

PERSONAL ESSAY

Sex-assault case casts shadow on courtships

Jen Kirsch
Torstar News Service

Writer Jen Kirsch poses in her Toronto apartment with her teddy bear Hope, who has been relegated to a closet because visitors keep referencing Ghomeshi's Big Ears Teddy when they see it. TORSTAR NEWS SERVICE

While lying in bed with a guy after a recent date, he brought up Jian Ghomeshi. I wasn't surprised; we'd both been following the courtroom drama tweet by tweet every day for weeks.

He wrapped his hands playfully around my neck and kissed me. "Are you OK with this?" he asked, "I don't want to get Ghomeshi'd."

By "this," he meant that he wanted to make sure he had my consent. He used Ghomeshi's name as a verb, to ensure I wouldn't report him to the police for lightly choking me.

This Ghomeshi-as-a-verb reference is something I'm now used to, because other dates have used it as well.

In this situation, I responded by playfully telling him he had my consent, as I wrapped my hand around his. Some laughter ensued and we carried on with our encounter, as he ominously mentioned how creepy and sexy it was that the newspaper next to my bed had an image of Ghomeshi on the cover.

This case is topical. It's what we're ingesting as pop culture. During the first two weeks of February, I — as many curious Canadians were — was refreshing my Twitter feed ad nauseam, following every tweet from the journalists in the courtroom during Ghomeshi's trial.

Because of that, it's made me self-conscious and hyper aware with my dating prospects. I'm thinking about every action and every word.

Just the other night, I got an unprompted text from another suitor, who'd likely had one too many libations. The first text read: "Let me Ghomeshi all over your face." The second: "I won't let big ear's teddy watch (sic)" The third: "No?" The Fourth: "Go top (sic) far?"

I've sent and received my share of late-night texts, but this unprompted one caught me by surprise. It made me shake my head as I acknowledged a handful of single men referring to the case in a facetious way.

I finally replied: "Too far."

An apology text came after, "Hey, sorry. I'm trying to have fun drunk text exchanges. It's a bit early for us. I was not trying to offend."

But, by then, I was a bit taken aback and stuck with a not-so-becoming visual in my head.

My mom, who passed away from cancer years ago, was gifted with a cream coloured-teddy bear with a blue ribbon around his neck that said "Hope," which is what I ended up naming him. Since her passing, I've kept it on my bed as a reminder of my mom and to always have hope.

That was until the Ghomeshi trial got underway and everyone started making references to Big Ears Teddy, the stuffed blue bear Ghomeshi allegedly turned away from the activities in his bedroom while women were over so it couldn't "watch."

Hope now resides in the darkness of my closet, locked up in a shameful cage. I'm nervous and a bit embarrassed that I'll bring someone home with me who'll make yet another Ghomeshi and Big Ears Teddy reference.

Three weeks ago, before the trial (and takedown of witnesses), I would playfully use the word stalking when pursuing men. "I totally just stalked your Facebook page."

Now I'm catching myself monitoring my tone in texts sent as well as my usage of once playful and flirtatious words such as "stalking" to lure a guy in.

I'm worried about something ever happening to me.

I'm also worried about being questioned — in the way that Marie Henein, Ghomeshi's defence lawyer, did during her takedown of the witnesses' credibility — about my word choice used in texts and emails past.

I've contemplated deleting a come-hither bikini shot I posted on my Facebook profile, out of fear that it will someday and somehow be misconstrued. I wondered who, if anyone, I sent that picture to. I'm definitely not going to send it, or really any "luring" photo, to anyone now.

I decided not to take the image down from my page, because it was posted under different circumstance than Witness 1's image, which was sent directly to her accuser after the fact.

I'm sure I've sent other playful selfies to guys, but I will no longer be sending them in the future.

I wish I didn't have to monitor my way of being. But the truth is this case has greatly affected me.

I don't think this heightened awareness is going to die down any time soon. And, ever since I started writing this piece, I've become all too aware of references to people not wanting to get "Ghomeshi'd."

I pulled Hope out from my closet to do the photo shoot for this article.

After, I had a few friends over for cocktails. Almost immediately one of them made a Big Ears Teddy reference, telling me I should "Turn him around Big Ears Teddy style," so he wouldn't witness us getting our buzz on.

As soon as my guests left, I put Hope back in the closet, knowing he won't be seeing the light of day any time soon.

RICK MERCER REPORT
ALL NEW
Rick and Jann Arden drum up some fun when they march with the Calgary Stetson Show Band.
#rickmercerreport
RICK RETURNS
TONIGHT 8

POLITICS

Oliver skewers Trump

Last Week Tonight host John Oliver finally rounded his vast sarcastic arsenal on Republican presidential nominee frontrunner Donald Trump on Sunday.

Conceding that he had "mostly ignored" Trump in the election campaign so far, Oliver proceeded to skewer the U.S. presidential hopeful.

"At this point, Donald Trump is America's back mole," Oliver began.

"It may have seemed harmless a year ago but now that it's gotten frighteningly bigger, it's no longer wise to ignore it."

Tackling the problem that the Trump brand name sounds rich and successful, Oliver referenced Gwenda Blair's book The Trumps: Three Generations That Built An Empire, which mentions that his ancestors' surname was actually "Drumpf," a much more mundane surname.

John Oliver butchered Donald Trump's Republican presidential nominee campaign on Sunday's show. ALL PHOTOS HANDOUTS

Oliver said the name "Drumpf" better reflects who he actually is — "A litigious serial liar with a string of broken business ventures."

Within hours, the hashtag #MakeDonaldDrumpfAgain was trending across the globe.

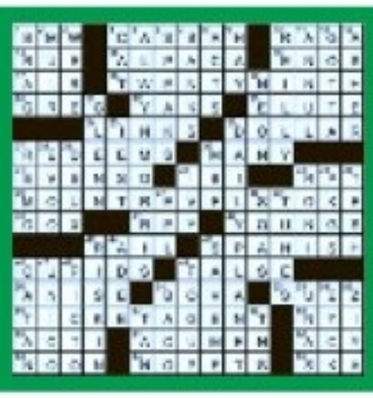
HBO, who broadcast Last Week Tonight, began selling caps on their website, in the same colour and style of Trump's hats bearing his campaign slogan "Make America Great Again."

Oliver's team created a website, donaldjdrumpf.com, where you can download a Chrome extension to change the name Trump to Drumpf in your web browser. TORSTAR NEWS SERVICE

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



3	8	9	2	5	1	7	4	6
6	7	1	3	4	8	5	2	9
4	5	2	9	6	7	3	8	1
8	9	5	7	3	6	2	1	4
1	2	4	5	8	9	6	7	3
7	3	6	1	2	4	9	5	8
5	6	7	8	1	3	4	9	2
2	4	8	6	9	5	1	3	7
9	1	3	4	7	2	8	6	5

JOHANNA SCHNELLER WHAT I'M WATCHING

Hollywood gets wakeup call

THE SHOW: The Academy Awards (CTV/ABC)
THE MOMENT: The Compton Cinema

Chris Rock interviews moviegoers in Compton, to ask if they've heard of any of the Oscar nominated films. THE ASSOCIATED PRESS

Oscar host Chris Rock has taken a camera crew to a theatre in Compton. He's asking moviegoers if they've seen the nominated films. "Spotlight? Room? How about The Bridge of Spies?" he asks one woman, who keeps shaking her head no.

"You're making these movies up," she says, giggling.

"No, they're real," Rock says.

"In London?" the woman asks.

And bam, all the white folks in Hollywood saw it: If you don't care about an audience, they don't care about you.

Perhaps sensing this, the Hollywood establishment stayed away from Sunday night's show. Presenters did not include Meryl Streep, Warren Beatty, George Clooney, Ben Affleck, or Julia Roberts. Nor did we see Denzel Washington, Viola Davis, Jennifer Lopez, Rosario Dawson, Don Cheadle, Chiwetel Ejiofor or Eva Mendes. It might not have been an official boycott, but it felt like an evasion.

Instead, we got lots of presenters of colour — mainly from television, which is also Hollywood, but far more diverse: Priyanka Chopra, Abraham Attah, Dev Patel, Sophia Vergara, Kerry Washington.

Rock kept the pressure on all evening, with a montage in which actors of colour popped up in the nominated films. ("I'm the Danish Girl!" Tracy Morgan trilled hilariously, holding a danish.)

Rock's stealthiest, most subversive move, however, was this: He sent into the audience a multi-racial group of Girl Scouts. I'm not sure everyone got his message — there is nothing more American than a Girl Scout. This is what America looks like. But I bet the folks in Compton did.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metro SPORTS

"No pain, no problem at all": Rangers ace Yu Darvish after throwing from a full-sized mound for the first time since elbow surgery

IN BRIEF

LeBron rejuvenated in return to Cavs lineup
LeBron James scored 33 points after sitting out a game, leading the Cleveland Cavaliers to a 100-96 win over the Indiana Pacers on Monday night.

The Eastern Conference-leading Cavaliers are 2-1/2 games up on the Toronto Raptors. THE ASSOCIATED PRESS

Ageless Spurs add 39-year-old PG Miller
The Spurs have signed 39-year-old Andre Miller four days after the oldest player on an NBA roster was waived by Minnesota.

The addition of Miller on Monday gives the Spurs the two oldest active players, according to STATS. Miller turns 40 on March 19, followed by Tim Duncan on April 25. THE ASSOCIATED PRESS

Reports: Brady, Patriots work out 2-year extension
Tom Brady reportedly has agreed to a two-year contract extension with the New England Patriots.

The deal will significantly lessen Brady's salary cap hit for 2016, which would have been about $15 million. He was due to make $9 million next season and $10 million in 2017. Brady, 38, has said he plans to play well into his 40s. THE ASSOCIATED PRESS

Budding talents join Leafs

NHL

Top prospects from Marlies get first look at prime time

Clockwise from left: Kasperi Kapanen, Zach Hyman, Nikita Soshnikov, Ben Smith, Brooks Laich and Connor Carrick all made their debuts for the Leafs against the Lightning on Monday night.
TORSTAR NEWS SERVICE

The cellphones of several Toronto Maple Leafs prospects rang Sunday night with calls from team management.

William Nylander, Kasperi Kapanen, Zach Hyman and Nikita Soshnikov all made their NHL debuts in Monday night's 2-1 loss to the Tampa Bay Lightning at the Air Canada Centre.

The youth movement is officially underway in Toronto.

General manager Lou Lamoriello said it was the club's plan all along to recall the likes of Nylander and Kapanen following the trade deadline with the intent of giving those prospects a real taste of the NHL.

"They need that type of experience," Lamoriello said shortly after Monday's 3 p.m. deadline. "They need to get their feet wet.

"They need to feel comfortable and when they come to training camp next year they'll know what's in front of them."

Leafs coach Mike Babcock is excited to see what some of the club's promising young talent can deliver. He's been impressed watching the skill and speed of those formerly with the AHL-leading Marlies, including Nylander with his 45 points in 37 games.

"I want to know who's a real player," Babcock said. "Just because you did it in the American League doesn't mean you're going to do it here.

"I want to know who's got upside and who's got hockey sense and who's got determination and who lives right, who's going to be a Maple Leaf for a period of time and who's not."

Babcock said the last time he coached a team with so much youth was in his junior days with the Spokane Chiefs.

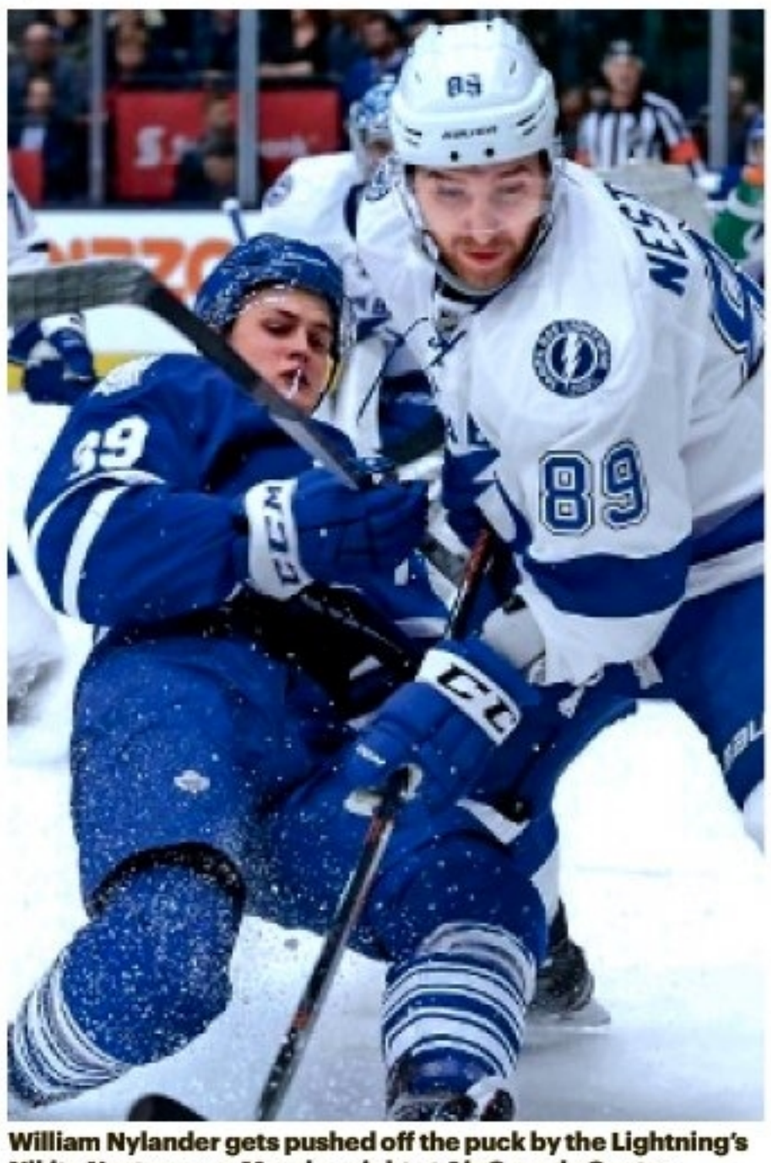
Nylander and Kapanen are both 19. Hyman is 23 and Soshnikov is 22. Also starting in goal was 22-year-old Garret Sparks, backed up by a defence that included 21-year-old Morgan Rielly, 22-year-old Frankie Corrado and 21-year-old Connor Carrick, acquired from Washington in a trade which sent Daniel Winnik to Washington. The Leafs also acquired veteran Brooks Laich in Sunday night's trade.

"It's exciting," Babcock said. "You watch them, they're exciting, but they're also kids."

Nylander said he couldn't sleep Sunday night after he got word of his long-awaited recall. The 19-year-old has been eyeing his first NHL game all season, describing it as his only goal.

"It's going to be interesting to see how it unfolds," said Nylander.

THE CANADIAN PRESS



William Nylander gets pushed off the puck by the Lightning's Nikita Nesterov on Monday night at Air Canada Centre.
RICK MADONIK/TORSTAR NEWS SERVICE

NEW YEAR NEW YOU
Eliminate stubborn fat safely and effectively without surgery!
Proven results. One session. One hour. No surgery. No downtime
TCC
Toronto Cosmetic Clinic
5400 Yonge Street, Suite 110 , Toronto, Ontario, M2N 5R5
416.221.5554 www.tcclinic.com
coolsculpting

FINANCIAL

OVERWHELMED BY DEBT?
CALL THE Licensed Debt Professionals™
GET OUT OF DEBT!
- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, CPA, CA, CIRP, Trustee

FREE Consultation 310-9200
(NO AREA CODE NEEDED)
DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy
HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON
www.DavidSklar.com

CALL ERIKA
(LICENSED DEBT EXPERT)
STOP COLLECTION CALLS
GET DEBT RELIEF NOW!
Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.
1-877-332-8416
416-288-8048
Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)
Rusinek & Associates Inc Trustee in Bankruptcy www.rusinek.ca

TOO MANY BILLS... ...GET A FRESH START!

Bankruptcy • Proposals
Debt Counselling
416-740-5400
Toronto • Rexdale
Etobicoke • North York
Don Mills • Bloor West
Scarborough
KEVIN THATCHER & ASSOCIATES LTD.
TRUSTEE IN BANKRUPTCY
905-273-6300 Mississauga • Brampton
1-888-329-5198 www.billfixer.com
FREE CONSULTATIONS
EVENING APPOINTMENTS
FLEXIBLE PAYMENTS
Head Office: Rexdale, others non-resident

DEBT RELIEF
Are you drowning in debts?
I can help you...
- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

NONA KUMAR
Estate Administrator
Credit Counsellor
Free Consultation: 416.455.7709
Evenings and weekends appointment also available
Rumanek & Co. Ltd. Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON. Offices in Scarborough & Mississauga.

MORTGAGE APPROVED!
- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-913-9593
WWW.HOMELANDMORTGAGE.ORG
License # 11561

EDUCATION

BECOME AN IMMIGRATION CONSULTANT
(ICCRC ACCREDITED)
647.691.0899
AOLTORONTO.COM
Financial Assistance May Be Available To Those Who Qualify
The Academy of Learning Career & Business College (Boyd Bloor) is registered under the PCC act 2005 and operated by 1889195 Ontario INC.

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
MORTGAGE GENIE
www.mortgagegenie.org
416-667-9834

HOME EQUITY LOANS

✓Get CASH
✓Pay off DEBT
✓Pay Taxes!
1-844-416-CASH
MortgageStreet.ca
Mortgage Squad FSCO: Lic # 12136

LOWEST RATES for bad credit loans since 1984
What would you do with $20,000?
PFS
✓College Tuition?
✓Home Renovation?
✓Wedding?
✓Travel?
You decide.
Paid off car 6 years or newer?
Borrow up to $20,000 the same day!
416-634-2013 *Call for details and conditions
BorrowWithYourCar.com
A division of Prudent Financial Services

UP TO $1000 Loan
No credit checks
Paid over 3 to 5 months
No documents to return
Instant approval
1-800-NEW-CREDIT (639-2733)

Brokers Lamina

credit700.ca
$750 Loan and more
No credit check
Open 7 days from 8 to 8 (EST)
Call us or apply online
1-855-527-4368
www.credit700.ca

Become a Medical Lab Technician In Months!

Financial Assistance May Be Available to Those Who Qualify
ANDERSON COLLEGE OF HEALTH, BUSINESS AND TECHNOLOGY
Downtown: 647.691.0936
North York: 647.360.7198
ANDERSONCOLLEGE.COM

HOME DECOR

Harry's PAINTING & DECORATING
1-Bedroom Apt. $420
2-Bedroom Apt. $500
3-Bedroom Apt. $580
Includes materials and paint. Straight ceilings and walls in living room, hall, bedroom, kitchen and bathroom.
Seniors 5% off
647-871-5200
CALL 416-783-7981

RECIPE Curried Pumpkin Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This warm and rich soup with its comforting hug of pumpkin will make it fine for you to wait another month or so for BBQ season.

Ready in
Prep time: 10 minutes
Total time: 40 minutes
Serves 4

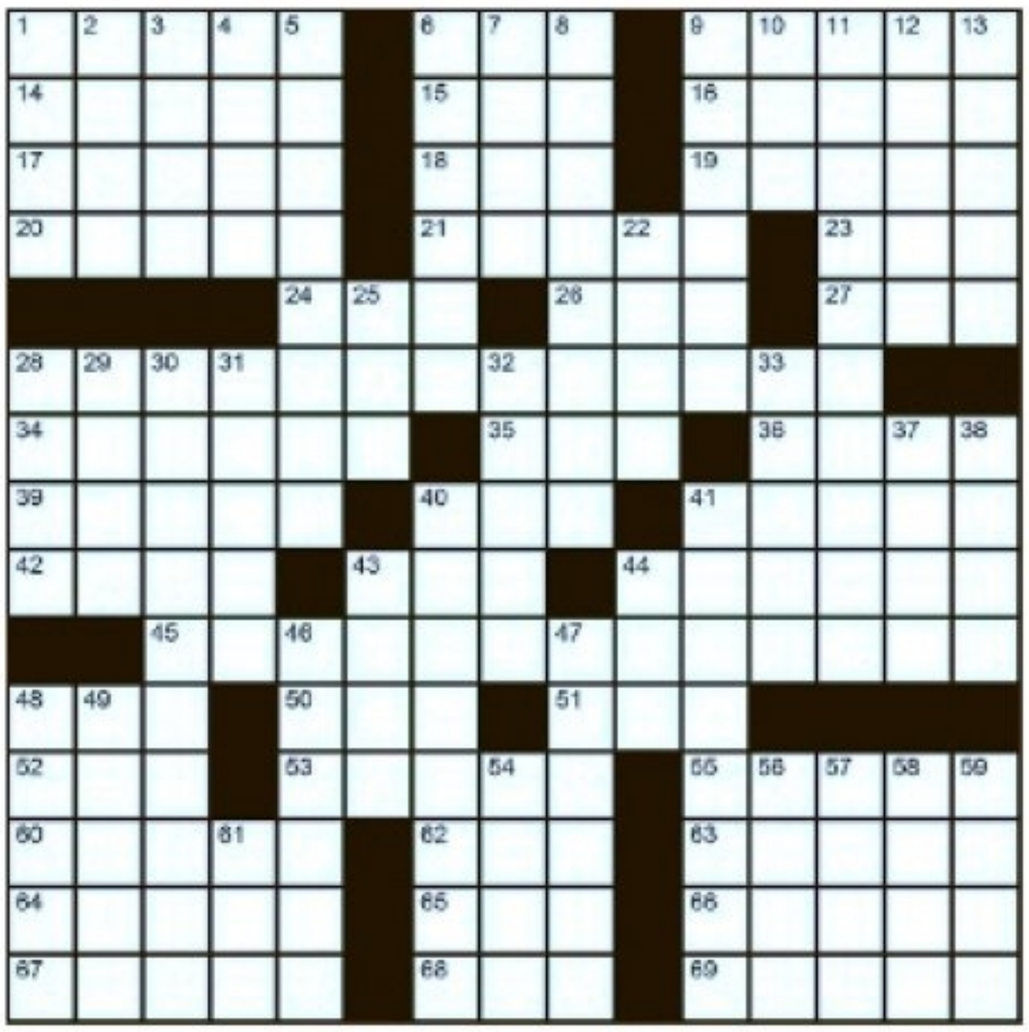
Ingredients
- 1 or 2 glugs of olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 tsp ginger, minced
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp curry powder
- 1 tsp salt
- 1 can of pumpkin purée (14 oz)
- 2 cups low-sodium vegetable or chicken stock
- 1 cup water
- 1 can of coconut milk (14 oz.)

Directions
1. Warm olive oil in a large pot over medium heat. Add your onions and garlic and cook until they begin to soften. Now add all of the spices. Stir into the mix and let them cook for a few minutes.
2. Add pumpkin purée to the pot and give it a mix with the onions and spices. Now add the stock, water and coconut milk. Let simmer for about 20 minutes, stirring occasionally. Don't let it get too hot or the coconut milk may split.
3. Turn off the heat and allow the soup to cool a bit before either putting it into the blender in batches to purée or just giving a whiz with a immersion blender. Warm again and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Lily varieties
6. Adobe file ending
9. Jason of "American Pie" (1999)
14. Anger
15. Hugs, greeting card style
16. Pursuit of Happiness' "I'm an __ Now"
17. "Sweet Love" singer Ms. Baker
18. "Voices Carry" by '__ Tuesday
19. Dinner-and-a-movie attendee, perhaps
20. "Nessun Dorma" voice
21. __ socks
23. Flight watchdog org.
24. + [abbr.]
26. Don't share any of it
27. Halt
28. Current flick about a British ski jumper who competed in Calgary's 1988 Winter Olympics: 3 wds.
34. Ms. Wiest of "Footloose" (1984)
35. Strong-__
36. Jackie Kennedy's designer Mr. Cassini
39. __ __ the desert
40. Gone by
41. Deuce-ace
42. Alike
43. Snacked on snacks
44. Shannen's role on the show Tori also starred on
45. Mark Messier, as a Stanley Cup champion in 1994: 3 wds.
48. __-12 Conference
50. Alteration site
51. Many a moon
52. Lanois' U2 co-producer
53. "All joking __..."
55. Incisions
60. Yorick, in Hamlet
62. Nuke
63. Resist the oppressers
64. "__ Coins in the Fountain" (1954)
65. Outback creature
66. Off-white
67. "Melrose Place" star Rob
68. Classified Ad Sales __ (Newspaper job)
69. Photocopy

DOWN
1. Armoured police team letters
2. White-tailed sea bird
3. Acquire
4. Norwegian who explored the Canadian Arctic, __ Sverdrup (b.1854 - d.1930)
5. 'Pointifies' pencils
6. __ Corporation (Saskatchewan fertilizer company)
7. Bump off: 2 wds.
8. Paul Bunyan, for one: 2 wds.
9. Horrible human: 2 wds.
10. Mount __ (Peak of Crete)
11. Instinctive hunch: 2 wds.
12. Collect
13. Prized violin, e.g.
22. Rich earth
25. 'Capri' suffix
28. Old Icelandic literary work
29. Actor Mr. Bogarde
30. Opportunity to state one's case: 3 wds.
31. Ludicrous
32. Gung-ho
33. Oscar-winner Sophia
37. Michael __ (The Neverending Story author)
38. Stuff
40. Mist-making perfume bottle
41. Fascinate
43. Seafaring 'sures'
44. Sibling to sis'
46. Blues and Belugas
47. Don't lose pace: 2 wds.
48. Plague, in Paris
49. Crosses of ancient Egypt
54. Helen Mirren's title
56. Exist
57. Prince __ (Alexander Borodin opera)
58. Via, to a poet
59. Charon's river in ancient Greek mythology
61. Michele of "Knots Landing"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You've come to the conclusion that there are too many things going on in your life and too many people who have a claim on your time and your energy. Perhaps you should just disappear for a while.

Taurus April 21 - May 21
The changes taking place around you are for the best in the long-term. If anyone tells you that it is all going to fall apart, demand to see the evidence. Chances are it doesn't exist.

Gemini May 22 - June 21
Believe in your own ideas and don't be afraid to stick out your neck and take a risk or two. You're on the right track, and what you are working on is meaningful.

Cancer June 22 - July 23
It will be easy for you to approach people in positions of power now, but you must not waste their time. Your proposal must be thought out because they won't be impressed if there are holes in your ideas.

Leo July 24 - Aug. 23
Ask yourself what you can do to help others. Time spent helping friends and coworkers will not be time wasted and your kind words and good deeds will have a ripple effect.

Virgo Aug. 24 - Sept. 23
You're too close to something you're working on and because of that you can't see its faults. Listen to advice from those who have done it before you. Learn from their mistakes.

Libra Sept. 24 - Oct. 23
It's good of you to think of others and to want to help those in need but you have only so much time and energy at your disposal, so put your own needs first for a change. There is such a thing as compassion fatigue.

Scorpio Oct. 24 - Nov. 22
Let partners make their own decisions and they'll discover just how difficult it is being in your position. They may, of course, cope well and decide they don't need you any more, but that's unlikely.

Sagittarius Nov. 23 - Dec. 21
Make new friends. Someone you meet will open your mind to new possibilities but don't let it open so far that you lose touch with reality!

Capricorn Dec. 22 - Jan. 20
If you want something enough you will get it. Money matters are under excellent stars at the moment, so consider taking a risk, even if everyone around you is telling you to stick with what you know and trust.

Aquarius Jan. 21 - Feb. 19
The closer you work with others over the next few days the more likely it is you will share in something that brings benefits to everyone. By pooling your efforts you will each enjoy bigger rewards.

Pisces Feb. 20 - March 20
Find yourself a place where you can be alone with your thoughts. The more you contemplate the meaning of life the more life will mean to you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		2	4					
	4			8				1
	6			1				5
	8				5			9
3								8
6			9				7	
5				6			8	
9				3			2	
					9	7		

©2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

SPIRITUALIST FORUM

Most Powerful Indian Astrologer & Psychic
PANDIT : SHIVRAJ
Get Solutions & Suggestions for:
Family, Health, Jealousy, Enemy, Husband-wife Problem
Financial Matter, Sexual, Stress & Many More
Don't be always Part of Problems, Be Part of Solutions
Performs very Powerful Prayers and Poojas to shake away Darkness
and to remove Black magic,Jadoo, Vodoo, Obeya, Evil Spirits.
Privacy & Confidentiality Assured
Call:647-712-9009
2120 North Park Dr. Unit #4, Brampton L6S 0C8,
Beside ASIAN FOOD CENTER (Torbram & North Park)

Astrologer & Psychic - Pandit DEVADAS
Are you Suffering from Problems:
Love, Marriage, Kids, Education,
Job, Money, Health, Sexual Etc
GIVE ME ONE CHANCE & SEE
YOUR LIFE PROGRESSING
HE CAN HANDLE ANY KIND OF PROBLEMS, QUICK RESULTS
He is very Special in Removing Black
Magic, Bad Luck, Jadoo, Vodoo through
Performing Poojas, & Gives 100% Protection
647-709-3459, 647-741-9097
5210 Finch Ave E, #1, Scarborough M1S 4Z6
(MIDDLEFIELD & FINCH, INSIDE GOLDEN BAKERY)

EMPLOYMENT

Entry Level Position with an International Publicly Traded Company
Competitive Compensation *(Weekly Bonuses Available)*
Advancement Opportunities Available and Encouraged
Looking to Fill all Openings within Two Weeks
No Experience Needed and Training Provided if Accepted
Call 416.307.3051

Toronto's New Radio Station

93.5 FM THE MOVE

All the Best Throwbacks